

APRIL



2022

STAFF

Carie Dick, Director

Kaci Wehr, Community Engagement Coordinator

Renée Clesi, Receptionist

ARNOLD F. HABIG COMMUNITY CENTER





OLDER AMERICANS

1301 St. Charles Street, Jasper, IN 47546

812-482-4455 • www.jasperindiana.gov

Facebook: Jasper Park and Recreation Department

Hours: Monday-Friday, 8:00am-4:00pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			Special Note: Yoga is moved to Wednesdays!		1 9:00 Walk at the Parklands 12:30 Hand & Foot 	2
3 CENTER CLOSED	4 9:00 Golden Go 10:00 Senior Strong 12:30 3 Up 3 Down	5 12:00 BINGO	6 9:00 Chair Yoga 9:45 Yoga 9:00-3:00 Tax Assistance	7 9:00 Golden Go 10:00 Senior Strong 12:30 Cinch Tourney	8 9:00-10:30 Tech Assistance 9:00 Walk at the Parklands 12:30 Rummikub	9
10 CENTER CLOSED	11 9:00 Golden Go 10:00 Senior Strong 12:30 Phase-10 3:00 RSVP DUE for CATERED MEAL	12 12:30 Pay Me 12:30 Scrabble	13 9:00 Chair Yoga 9:45 Yoga 9:00-3:00 Tax Assistance	14 9:00 Golden Go 10:00 Senior Strong 12:30 Rum Tourney	15 CENTER CLOSED FOR GOOD FRIDAY 	16
17 CENTER CLOSED 	18 9:00 Golden Go 10:00 Senior Strong	19 12:00 BINGO	20 9:00 Chair Yoga 9:45 Yoga 12:30 SKYJO	21 9:00 Golden Go 10:00 Senior Strong 12:30 Tripoley	22 9:00-10:30 Tech Assistance 9:00 Walk at the Parklands 12:30 Dominoes	23
24 CENTER CLOSED	25 9:00 Golden Go 10:00 Senior Strong 12:30 TX Hold'em	26 12:00 CATERED MEAL 12:30 Scrabble	27 9:00 Chair Yoga 9:45 Yoga 12:30 Hand & Foot	28 9:00 Golden Go 10:00 Senior Strong 12:30 Euchre Tourney	29 9:00 Walk at the Parklands 12:30 Skip-Bo	30

CENTER HOURS

Monday through Friday
8:00am-4:00pm



Health and safety are top priority.
Safety precautions include:

1. Extra sanitizing protocols continue daily.
2. Please utilize the banquet room entry door to sign-in.
3. If returning books or puzzles, please return them in the designated area.
4. Be respectful with safe distancing from others.
5. We kindly request you do not rearrange tables.
6. If you are not feeling well—please STAY home.

We will continue following local and state guidelines. Therefore, please be aware that our calendar is subject to change at a moment's notice, and we will share via local news and our Facebook page.

BOOKS & PUZZLES

We have a great selection of books (Habig Room) and puzzles (Computer Room) to borrow. Please return to their designated bins.

Your generous donations have filled our shelves! We are unable to take donations at this time.

EXERCISE ROOM

Please be considerate by safely distancing from others and wiping your machine following use.

Be sure to check out the new strength machine when you get the chance! Let us know if you have questions on how to use it.



WALKING

The mulched, outside walking trail is open (1 lap = 1/3 mile). The banquet room is open for walking outside of exercise class times (25 laps = 1 mile).

ALSO AVAILABLE

- **CARD TABLES:** Available for individual groups
- **Computers/ WiFi:** Available for personal use
- **POOL, PING PONG AND BUMPER POOL TABLES:** Open in the card room downstairs
- **TECHNOLOGY ASSISTANCE:** Ryan will be available on Fridays, April 8th & 22nd from 9:00-10:30am.



Bingo is played in the banquet room. Cost is \$1.00 per card plus \$0.50 for two special games. We will begin collecting money at 11:30am.

We ask you to keep bills to \$5 and under. We pay out 100% and do not have change.
(\$1 bills and quarters are very helpful!)

CARD TOURNEYS

*Please sign-up by **10:00am** the morning of the tourney.

CINCH April 7th

RUM April 14th

EUCHRE April 28th

Tourneys begin at 12:30pm. Entry fee is \$1.00. All money is distributed to 1st, 2nd & 3rd place.

CATERED MEAL

The Older Americans Center will host a catered meal on **Tuesday, April 26th at 12:00pm**. Sander Catering will prepare roasted turkey with gravy, mashed potatoes, corn, glazed carrots, cranberry salad, and country harvest bread. Unsweetened iced tea will be provided. Cost is \$10.00 and will be collected at the door. **Reservations are due to the Center by 3:00pm on Monday, April 11th.**

*If you made a reservation and later discover you cannot attend, we kindly ask that you find a replacement or pay for your meal if it is after the RSVP deadline. We can make a "to go" order if needed.

GAMES

*Please sign-up by **10:00am** the day you plan to play. We welcome new players!

- **DOMINOES:** The Mexican Train version will be played.
- **HAND AND FOOT:** A two-handed game of Hand and Foot Canasta. It's played individually with 1 deck per person plus 1 extra deck.
- **PAY-ME:** A game similar to Rum but played with 3 decks of cards, including the jokers.
- **PENNY DROP: NEW** game! A simple game of luck and maybe a little strategy to get rid of all your pennies first!
- **PHASE-10:** Complete all ten phases of this fun and easy-to-learn card game before your opponents.
- **RUMMIKUB:** An enjoyable game described as a mix of Mah Jongg and Rummy.
- **SKIP-BO:** Play all the cards in your stock pile first to win a game, and earn points for winning.
- **SKYJO:** This is a simple, fun game to learn and play. Flip and exchange your cards to try to collect the least amount of points.
- **TRIOLEY:** This fun game is a mix of Hearts, Poker, and Michigan Rummy.
- **TEXAS HOLD'EM:** Who will have the lucky hand? A \$1.00 charge to play, and the winner receives the entry fees!
- **3 UP 3 DOWN: NEW** game! This fast-paced game takes a bit of strategy and plenty of luck—all the way to the end!!


"A wife was making a breakfast of fried eggs for her husband. Suddenly, her husband burst into the kitchen. 'Careful,' he said, 'CAREFUL! Put in some more butter! Oh my gosh! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. Oh my gosh! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful. CAREFUL! I said be CAREFUL! You NEVER listen to me when you're cooking! Never! Turn them! Hurry up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them. You know you always forget to salt them. Use the salt. USE THE SALT! THE SALT!'"

The wife stared at him. 'What in the world is wrong with you? You think I don't know how to fry a couple of eggs?' The husband calmly replied, 'I just wanted to show you what it feels like when I'm driving.'

(Source: <https://www.elderoptionsoftexas.com/jokes.htm>)



EXERCISE CLASSES

- **CHAIR YOGA:** All are welcome in this gentle yoga class. We practice poses seated in a chair and standing. It provides an opportunity to build muscular endurance and increase flexibility in a calming, peaceful manner.
- **GOLDEN GO:** This class is designed to offer a mixture of lower level chair exercises to specifically support strength, flexibility, and balance.

- **SENIOR STRONG:** For more of a challenge, this class consists of low impact aerobics and resistance exercises to boost heart health and improve strength and endurance.
- **WALK AT THE PARKLANDS:** Take a self-paced walk with friends! Meet at the Parklands Pavilion Deck. ***In case of inclement weather, we will cancel.**
- **YOGA:** In this beginner-style yoga class, we practice poses while lying down, standing, and seated on the floor. It provides an opportunity to build strength and endurance, enhance flexibility and balance and promote relaxation. *Please bring your yoga mat.





- ⇒ In **2000**, The Arnold F. Habig home was donated to the City of Jasper.
- ⇒ The original residence was **7,020** square feet.
- ⇒ A decision was made to utilize their home and the location for the **Older Americans Center**, a rentable banquet room, and offices for the Park and Recreation Department.
- ⇒ The City of Jasper added an additional **10,480** square feet.

Thank you to the Habig family and City of Jasper!

In addition, thank you to the Dubois County Commissioners for their continued support of the OAC!

Let's continue GROWING!
Try something new this month!

MONTHLY RECIPE

Warm Lemon Pudding Cakes

(Recipe from the website of One Upon a Chef with Jenn Segal)

3 large eggs, separated
1 cup milk (low-fat or whole)
2 teaspoons lemon zest, from 2 lemons
2 tablespoons unsalted butter, melted
1/4 teaspoon salt
6 tablespoons all-purpose flour
1 cup sugar
Fresh berries and Confectioners' sugar, for serving (optional)

Preheat the oven to 350°F and set a rack in the middle position. Spray six (6-oz) ramekins with non-stick cooking spray.

In a large bowl, whisk together the egg yolks, milk, lemon zest, lemon juice, butter, and salt. Add the flour and sugar and whisk until smooth.

In the bowl of an electric mixer, beat the egg whites until soft peaks form. (The peaks should curl when you lift the beaters out of the bowl.) Spoon about 1/4 of the egg whites into the lemon mixture and whisk until smooth. Add the remaining egg whites, and using a rubber spatula, gently fold into the lemon mixture until smooth. The batter will be light, foamy, and liquidy.

Place the prepared ramekins into a 9x13 inch baking dish. Ladle the batter evenly into the ramekins (it will come almost to the top). Using a teapot or pitcher, pour room temperature water into the pan to reach halfway up the sides of the ramekins. Carefully place the baking pan in the oven and bake for 45-50 minutes, or until the cakes are puffy and lightly golden on top. Using tongs, carefully remove the ramekins from the baking dish and let cool on a rack for about 20 minutes before serving. (They will sink a bit as they cool; that's okay.) Dust with Confectioners' sugar and serve with berries, if desired.

*Special
Announcement*



**WE NOW HAVE A BOCCE BALL
SET! STOP BY DURING REGULAR
HOURS AND TEST IT OUT IN
THE LAWN. WE WOULD LOVE
TO SEE YOU!**



*If you do not know what
Bocce Ball is, we are
happy to tell you about it!

